

# 5 FAST WAYS TO FEEL GRATEFUL

Pick a question every week, or more, to think of at least 5 ways you're Grateful.

**5 Things About Life You Generally Love?**

**5 Things About You?**

**5 Things You Have / Keepsakes?**

**5 Things About Your Friends & Family?**

**5 Things About Your House / Job?**

**5 Movies, TV Shows, Plays?**

**5 Favorite Songs?**

**5 Favorite Foods?**

**5 Favorite Books?**

**5 Happy Memories?**

**5 Fun Things You Love Doing?**

**5 Places You Love to Go?**

©Lauren Hudson / The Queen of Happy

For More Happy Tips, Books & More: [www.LaurenHudson.com](http://www.LaurenHudson.com)